

Telephone Support Lines

| Who can Help? | What Do They Do? | What Topics Can They Help With? | How Can They be Contacted? |
|--|--|---|--|
| Lifeline | Crisis response line for people in distress or despair | Depression Mental health Suicidal thoughts Textphone users (for deaf and hard of hearing): | 08088008000 18001 0808808800 |
| Childline | Childline provides support and guidance on multiple topics including: | Bullying You and your body Home and Family Relationships Sex School | 0800 1111 www.childline.org.uk 1-2-1 counsellor chat |
| The MIX | Crisis messenger text service | Alcohol Homelessness Suicidal thoughts General advice Mental health Sex/ relationships | 08088084994 |
| NSPCC | Advice on safeguarding and child protection issues and somewhere to report concerns Web support for teenagers | Safeguarding Child abuse Child protection | 08088005000 www.there4me.com |
| Aware | Aware is a mental health charity working exclusively for those with depression and mental health concerns | Depression Bipolar disorder | 08451202961 |
| Frank | Confidential advice on drugs | Alcohol Drugs | 03001236600 |
| SIMON Community | Support for individuals and families who are at risk of becoming homeless | Homelessness Housing | 08001712222 |
| Family Planning Association | Advice on sexual health | Sexual health Pregnancy Contraception STDs | 03451228687 |
| Domestic and Sexual Violence Helpline | Advice for anyone affected by domestic and sexual violence | Domestic violence Sexual violence | 0808021414 |
| The Migrant Centre NI | Financial Health and Well being | | 07769903471 |
| Cara-Friend/ LGBT Switchboard NI | Support and counselling for the Gay, Lesbian and Transgender communities | LGBTQ+ advice Sex and relationship advice | 08088000390 |
| Women's Aid | Specialist services for women, children and young people | Domestic Violence Sexual violence | 08088021414 |

Post Primary Behaviour Support and Provisions

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| | who have experienced domestic and sexual violence. | Relationships | |
| Family Support NI | Website to access support in your area – for a wide range of issues – giving local contact details | | www.familysupportni.gov.uk |